

# Should we Feel Pity for someone Dying Young? 'The Human Predicament' by David Benatar

Post by “Kalosyni” of November 1, 2023 at 9:20 AM

I'll venture to say a few things "off-the-cuff" so to speak...

This is a "therapeutic" element of Epicurean philosophy which helps remove unnecessary anxiety. I would say that **it is to be applied to oneself -- to one's own fears regarding one's own death.** You aren't tamping down any feelings of fear, but rather reasoning through "what is" and this can take time. I think it could take several years of working with this to recalibrate your internal representation of "what death is". And notice how the Letter to Menoeceus says: "Become accustomed to the belief that [death is nothing to us.](#)"

The other part of this is understanding the nature of pleasure. When we correctly understand pleasure, and we see how our own life no matter how long or how short it is, is permeated by the correct understanding of pleasure and the correct practice of the enjoyments of life, then we don't need to feel sad if we ourselves are dying at a young age.

Now when it comes to another adult person, they may not have come to this way of thinking and so they may feel great anxiety regarding death. However, perhaps children have a different perspective "on life and death" - often times they have a kind of fearlessness since they aren't fully enculturated yet (I base this on a story I heard of how a young girl with cancer was not afraid at all).